



Vegetarian Empanadas

 Popular

READY IN



42 min.

SERVINGS



12

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 black beans 5.5 oz can
- ☐ 1 buttermilk biscuits 6.3 oz package) refrigerated
- ☐ 0.3 Teaspoon chili powder (I Would Increase A Little Bit The Next Time)
- ☐ 12 servings little cilantro/scallions
- ☐ 0.5 Teaspoon garlic powder
- ☐ 12 servings milk as needed for brushing, optional
- ☐ 1 Tablespoon oil
- ☐ 0.5 Teaspoon oregano dried

- ☐ 12 servings salsa as needed
- ☐ 0.3 Teaspoon salt (Next Time I Would Use Even Less)
- ☐ 3 Tablespoons tomato sauce/crushed tomatoes

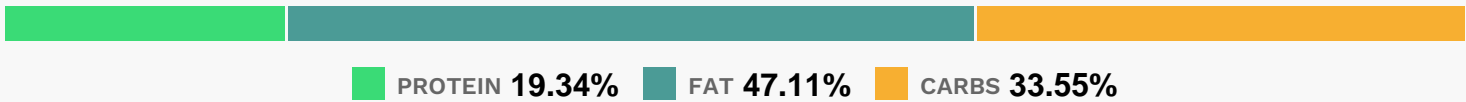
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ colander

Directions

- ☐ Drain the beans from the can in a colander and wash it under running water. Mash the beans with a potato masher or a fork. My little helper was more than happy when I asked him to mash the beans for me.In a skillet add the oil and after it heats add the mashed black beans, crushed tomatoes, chili powder, oregano and garlic powder.Fry it for 2–3 minutes until all the ingredients combine well.
- ☐ Transfer it to a bowl and let it cool. Stir in cilantro/scallions. I didn’t have cilantro so I used scallions instead. The filling tasted very good by itself.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:5.11, Inflammation Score:-5, Nutrition Score:9.7604347804318%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 176.27kcal (8.81%), Fat: 9.43g (14.51%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.36g (5.22%), Sugar: 13.21g (14.67%), Cholesterol: 29.3mg (9.77%), Sodium: 377.99mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.41%), Calcium: 313.13mg (31.31%), Phosphorus: 268.47mg (26.85%), Vitamin B12: 1.32µg (22.01%), Vitamin B2: 0.36mg (20.98%), Vitamin D: 2.68µg (17.89%), Potassium: 468.61mg (13.39%), Vitamin A: 577.4IU (11.55%), Vitamin B6: 0.22mg (10.79%), Vitamin B1: 0.16mg

(10.75%), Vitamin B5: 0.99mg (9.95%), Magnesium: 35.67mg (8.92%), Selenium: 5.41µg (7.73%), Zinc: 1.09mg (7.3%),
Vitamin E: 0.83mg (5.51%), Vitamin K: 4.07µg (3.87%), Vitamin B3: 0.75mg (3.73%), Manganese: 0.07mg (3.43%),
Fiber: 0.75g (2.99%), Copper: 0.03mg (1.7%), Iron: 0.31mg (1.7%), Vitamin C: 0.98mg (1.19%)